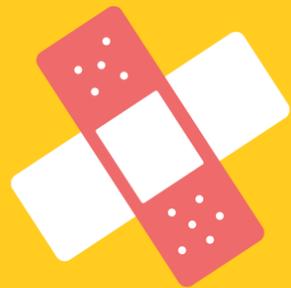


STAYING HEALTHY IN BOLIVIA



1 VACCINATIONS

We recommend the following vaccinations:

Hepatitis A

Hepatitis B

Rabies (see below)

Typhoid and as needed, booster doses for tetanus-diphtheria and measles

2 RABIES

An effective rabies pre-exposure vaccine exists, it does not eliminate the need for additional therapy after a rabies exposure; however, it simplifies therapy by eliminating the need for human rabies immune globulin (HRIG).

HRIG is NOT readily available in Bolivia, therefore your option (if exposed to rabies) would be to evacuate to a country where HRIG is available. Students who have the pre-exposure vaccine will not need to evacuate if bitten as follow-up treatment is available in Bolivia.

3 MALARIA

Malaria is spread through infected mosquitoes. Many malaria prophylactics have side effects that should be considered. It is important to note that medications for malaria do not prevent you from contracting the disease, but they do lessen the associated symptoms. Malaria pills are not necessary in Cochabamba (city and surrounding high areas) but you may want them if you travel to tropical/low regions of the country.



4 ALTITUDE SICKNESS

Altitude sickness (sorocchi) symptoms are: headache, nausea, vomiting, dizziness, insomnia, and loss of appetite. They can be avoided or alleviated by taking it easy the first few days, drinking plenty of water, eating small meals and avoiding alcohol. Sorocchi pills, sold in almost all pharmacies, can be helpful in alleviating symptoms. Mate de coca or chewing coca leaves is also an effective and common remedy. If you have issues with altitude or are nervous about it you may want to talk to your doctor about options.



5 STOMACH PROBLEMS

The most common health problem for volunteers is “traveller’s diarrhoea”, caused by nasty bacteria found in contaminated food and water. More serious diarrhoeal illnesses are caused by internal parasites. The best way to avoid the above is by paying careful attention to what and where, you eat and drink. If you plan on doing a lot of traveling we suggest a SteriPEN to protect your health and the environment as disposable water bottles are a serious trash problem in Bolivia.

6 GENERAL TIPS

Please bring with you: A current eye prescription, if you use glasses or contacts; any current prescriptions you are taking and a supply of your medications. Remember the sun is strong especially at high altitudes. Be sure to bring a high factor sunscreen (SPF 45+) and a hat.



7 TRAVEL INSURANCE

It is imperative that you travel with insurance for any unseen emergencies. Here are a couple of recommended websites:

<https://www.worldnomads.com/>
<http://www.worldwideinsure.com/>
<http://www.travelguard.com/>

